

FOOT FACTS

Adult Foot Problems:

\$28 billion dollars are spent annually on foot problems
73% of the U.S. population suffer from foot problems

Greatest causes of foot problems:

- 1)wearing faulty shoes
- 2)wearing ill fititng shoes
- 3)walking on hard surfaces

Diabetes:

There are 14,000,000 diabetics in the U.S.A.
1,000,000 diabetic patients with open wounds and/or ulcers
There are 50,000 annual foot amputations among the diabetic population

Arthritis:

37,000,000 Americans suffer from arthritis
7,000,000 suffer from rheumatoid arthritis
88% of adult arthritis patients have foot problems

Some Orthopedic surgeons and Podiatrists state that shoes do have an effect in some cases on posture, balance, weight bearing, locomotion, circulation and they can be used as agents of therapy and in the field of environmental medicine on prescription only.

These additional facts are worth remembering:

- 1) The more normal foot in weight bearing increases $5/8$ " in ball circumference and one width in tread.
- 2) The more normal foot elongates $1/2$ size on weight bearing and many feet lengthen still more in walking over their weight bearing measurements.
- 3) Shoe sizes vary as follows:
 - A) 8-1/2 B is $1/6$ " longer; $1/8$ " greater in ball circumference than 8 B.
 - B) 8 C is $1/24$ " longer; $1/4$ " greater in ball circumference than 8 B.
- 4) Whenever it is necessary to use ball to heel length for a width fitting, the width fitted should usually be modified. (Example, sometimes a ball to toe length of 7 indicates an A width, but a ball to heel length of 8 would require 8 AA).

The difference a size makes...

$1/6$ " in Length Between Half Sizes

$1/3$ " in Length Between Full Sizes

$1/16$ " in Width Between Widths

$1/4$ " in Ball Circumference Between Widths

$1/12$ " in Width Between Full Sizes of Same Width

$1/4$ " in Ball Circumference Between Full Sizes of the Same Width.